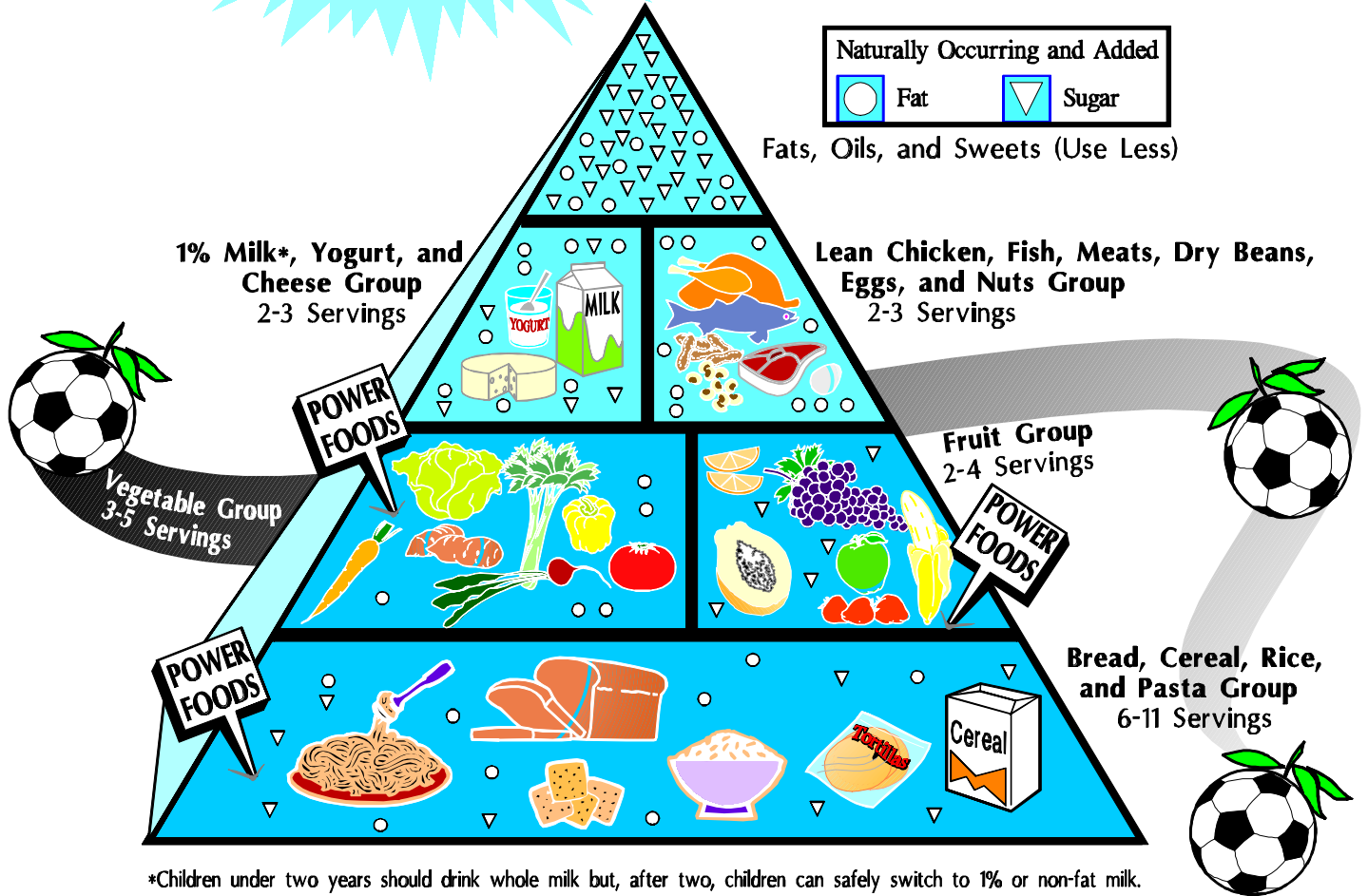


POWER PYRAMID

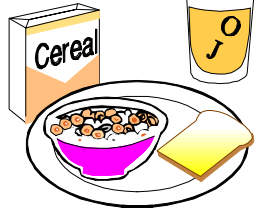


A GAME PLAN FOR MORE ENERGY!

Sample Meals and Snacks for Young Athletes

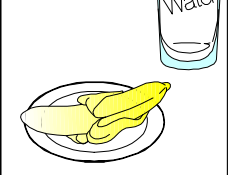
1 bowl corn flakes with
1% Lowfat milk
1 slice toast
1 small glass orange juice

BREAKFAST



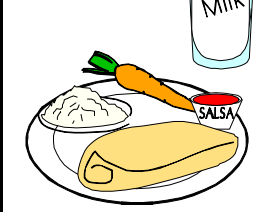
1 banana
1 large glass water

SNACK



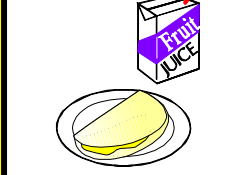
1 bean burrito with salsa
1/2 cup rice
carrot sticks
1 cup 1% Lowfat milk

LUNCH



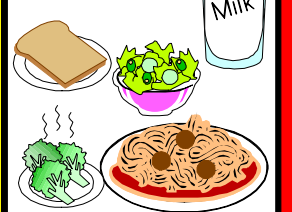
1 quesadilla with
corn tortilla
1 fruit juice box

SNACK



1 plate spaghetti
1 small garden salad
1/2 cup cooked broccoli
1 slice wheat bread
1 cup 1% Lowfat milk

DINNER



STANDARD SERVING SIZES

Breads, Cereals, Rice, and Pasta

1 slice of bread
1 cup cereal
1/2 cup cooked rice or pasta
1/2 cup cooked cereal
4 small crackers

Vegetables

1/2 cup cooked or chopped
raw vegetables
1 cup leafy raw vegetables
3/4 cup vegetable juice

Fruits

1 medium size fruit
3/4 cup fruit juice
1/2 cup canned or chopped fruit
1/4 cup dried fruit

Milk, Yogurt, and Cheese

1 cup nonfat or 1% lowfat milk
1 cup nonfat or lowfat yogurt
1 1/2 to 2 ounces lowfat cheese

Dry Beans, Chicken, Fish, Meat, Eggs, and Nuts

1 cup cooked beans (frijoles)
2-3 ounces cooked lean chicken, fish, or meat
2 eggs
4 tablespoons peanut butter

Fats, Oils, and Sweets

-- Limit fats, oils, and sweets
-- Bake, broil, and steam your food
-- Eat fruit for dessert or a snack



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351 N. Mt. View Avenue, San Bernardino, CA 92415-0010 - Tel: [909] 387-6320

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